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### Hello from Total Communication Now

Hello and welcome to our first Total Communication Now News letter. Total Communication Now is a community based service which offers practical advice and support for anyone with a communication disability or difficulty, their family, and carers. We hope that this News Letter will help you to learn more about our Total Communication approach and give you some useful ideas to try yourself.

Thank you,  
The Total Communication Now Team.

### Five Good Communication Standards

We all need to know what good communication support 'looks like' and what reasonable adjustments we can make. Good communication enables inclusive relationships and supports individuals to have choice, control and greater independence. The Royal College of Speech and Language Therapists recommend these Five Good Communication Standards:



1 Up to date information about how to communicate with someone is shared with all relevant people.



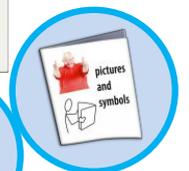
2 Staff can show how they support people to make decisions about their care.



3 Staff value the way a person communicates and have the communication skills to support them.



Training Room



4 Staff create opportunities, relationships and environments that encourage the individual to communicate.



5 Staff help the individual to understand and communicate about their health and well-being.





## Website of the Month



This month's website is Total Communication Now which can be found at:

[www.totalcommunicationnow.org](http://www.totalcommunicationnow.org)

This recently launched website is a great resource for anything relating to total communication and includes information on training courses and events from all over Devon and the South Hams.



## Sounding Board



## App of the Month



Sounding Board By AbleNet is a free communication tool which lets the user use symbols and voice recordings to ask questions, express their feelings and communicate more effectively with others. The app is very similar to some other, more expensive applications. It comes with preset categories such as entertainment and money. The presets are aimed at an American audience but they are fully customisable. You can use your own photos, symbols and voice recordings to adapt the existing content and also create your own sound boards. This app is a great way to introduce an individual to high tech communication aids without buying an expensive app.

## This Month's Signs

### Christmas



Slide the right hand over the back of the left hand then close the right hand and place on top of the left.

### Christmas Tree



Draw an outline of a Christmas tree in the air with your hands.

### Present



Mime wrapping a present and tying a ribbon.

### Turkey



Middle and index fingers wiggle slightly.